

AND NOW ST. LUKE'S

What Chaplain Freeman Says—Vino-

**Kolairra Used By Those Who Nurse
the Sick and Those Who Minister
to the Soul.**

A fresh illustration of the value of the right kind of stimulant in the emergency work of the world is afforded by the experience of the trained nurses of St. Luke's Hospital, who have been using an extract of the wonderful African nut which has attracted so much attention from scientists, and which promises to supplant not

The work of the trained nurse, especially in a great hospital, is extremely arduous. Those who administer of mercy are called upon to exercise all the faculties of their being at once. They must retain a scientific method and routines; they must preserve calm of body and mind, so that the patient shall be properly encouraged and comforted. Particularly must they avoid anything like nervousness, anxiety, and impatience, and yet on some occasions they must

awake all night. All the conditions, in fact, are against them. Until the introduction of the Vinco-Kofala through the use of the nut by the French and German armies and by athletes and sportsmen, no stimulant existed, whatever were its immediate advantages, which is not attended by an inevitable reaction and in some cases by a permanent and noxious "after-habit." The absence of any reaction or after-habit in the case of Vinco-Kofala has been demonstrated in numerous clinics and in a very wide use on the part of the general public, often under the advice of a physician taking the initiative in prescribing it.

"The training," said Mr. Byard, "is so severe that a large percentage of the women break down under the mental and physical strain before they even graduate. Only the strongest and bravest and boldest can stand the wear and tear incident to this noble and interesting calling. In view of this fact, any reliable recruiting firm and one and possessing the sustaining power of stimulants which no self-respecting nurse could possibly take, will inevitably find new recruits in this branch of lifework. In the short time that Vico-Koufka has been used by the trained nurses of St. Luke's Hospital I am able to say that it is proving a most valuable aid to strength. The nurses have never had to dis-

to me their satisfaction with the new toilet-
plant, and any one who knows how extremely
careful in matters of diet they necessarily are
will understand just what their recommenda-
tion implies. They work in the hospital from
A. M. to 8 P. M., frequently rushing out
to duty outside. There are no regular hours, much
broken rest, and many vigils. Vlno-Kolafra has
compelled everything that has been claimed
for it, and in so doing has undergone a remark-
ably severe test. If useful to trained nurses
the extent of being almost indispensable women

generally must necessarily find it a boon whenever similar conditions confront them in the duties of life."

Mr. Byard incidentally remarked that he had made a century run on the bicycle together with a trained athlete. One hundred miles were made in seven consecutive hours, although an accident involved a lame shoulder and half the distance was made against a strong head wind.

"We came in fresh," said Mr. Byard triumphantly, "on one winglessafal of Vino-Kolafra before starting. In these days of patent medicines which rely on alcohol and cocaine for temporary effect Vino-Kolafra deserves the warmest welcome and recommendation it is receiving from all classes. The fact that it is an antidote for alcoholism and drug habits generally will commend it specially to those who feel a mutual responsibility with their fellow men and women."

After, Charles E. Freeman, chaplain of St. Louis, Mo., said:

"I have found Vinko-Kolafra a most restful day after a hard day's work, and every Monday I have relied upon it to go calmly through the duties of that particular day. Any conscientious clergyman knows the intellectual and emotional strain involved in the preparation and delivery of sermons and even extemporaneous addresses from the pulpit. Many times my clergyman break down, purely because they give too much, so to speak. I have made repeated trials of Vinko-Kolafra, and always with the most beneficial effect. I have experienced no

action, and have found, and this I will candidly say I did not expect, that instead of interfering with natural rest it was promoted by it. Some time ago I had a severe attack of the grippe,

He would have been utterly unable to do any machine work. Vino-Kolafa carried me over successfully, and, as I have said before, I experienced no reaction whatever, and the evenness secured by its use was maintained without interruption or let-down of the nervous system."

This extension of the use of the new tonic mutant appears to be merely fresh evidence indicating a well-established theory of vast practical importance.

The inference is being made by a large class of consumers that if the "sterculin" nut from Africa, from which Vino-Kolafa is made, enables troops to march many miles and many days without other food, if in the international games and in the contest between Yale and Cambridge athletes have taken Vino-Kolafa

months of training without ill effect, reason or the entailment of any habit, only to be completely successful in the end; if the letter carriers of New York, if physicians in their practice both abroad and at home find that no-Kalafr gives strength to the strong, it must necessarily give strength to those whom circumstances compel to endure unusual labor strain, or to those not naturally strong or are suffering from the effects of illness or a general weakening of the nervous system.

Johnson & Johnson of No. 92 William street have shown considerable enterprise in bringing to the attention of the public the merits of these new tonic stimulants to the attention of those less qualified to decide upon its merits. A very large sale has demonstrated that the favorable opinions entertained by so many distinguished authorities and clinics have been based upon firm ground of fact.

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